# November

# Pick a **better** snack<sup>™</sup> with your family - \$ave money and eat smart!

Sweet potatoes are tasty, inexpensive and nutritious. They can be prepared in many of the same ways as white potatoes and these tasty tubers are packed with **fiber, vitamin E and beta carotene**. The Dietary Guidelines for Americans encourage us to eat more orange veggies like sweet potatoes.



#### "Baked" Sweet Potatoes

You can have baked sweet potatoes in no time.

- Simply scrub the skin of a small to medium sweet potato (5-7 inches long) under running water.
- Poke with a fork a few times.
- Place in the microwave on high for 3-5 minutes, turn over and cook 3-5 minutes more. Let the potato cool so it is safe to touch.
- Cut the hot potato lengthwise. Flavor with 1 teaspoon margarine and a pinch of salt and pepper or go sweet and sprinkle with cinnamon.

## **Mashed Sweet Potatoes**

Follow the directions for "baked" sweet potatoes. When you remove your spud from the microwave, scoop the flesh out into a bowl. Mix vigorously with unsweetened applesauce or milk until you have a mashed potato consistency. Add salt and pepper or hot sauce to taste.

## **Sweet Potato Fries**

- Preheat the oven to 425 degrees.
- Scrub the skin of the sweet potato under running water.
- No need to peel; just cut the potato into wedges like thick fries.
- Spread the fries out on a cookie sheet and drizzle with vegetable oil, just enough to coat them lightly.
- Bake for about 20 minutes turning them once.
- Sprinkle with salt and pepper or spice them up with cumin and cayenne pepper when they come out of the oven.





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